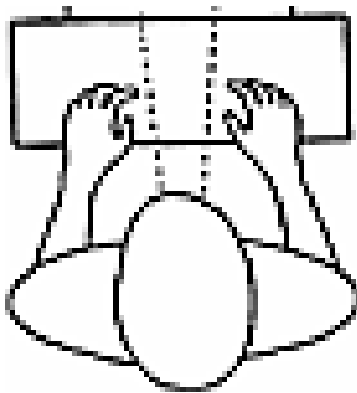# Position keyboard properly

Reduces awkward wrist postures while keying

Adjust the height of the keyboard to about elbow level.

Adjust the tilt to keep wrists straight.

Align the keyboard in front of you. Allow your hands and arms to rest in a relaxed posture, close to the side of the body.

Other benefits:

- Reduces fatigue and discomfort
- May reduce errors while keying
- Reduces stress on joints and muscles

Find ergonomics principles for office work in the following publications:

- o http://www.lni.wa.gov/IPUB/417-133-000.pdf
- o http://www.osha.gov/SLTC/computerworkstations_ecat/index.html